V I P A S S A N Ā - S Ā R A



JAARGANG 3

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vipassanā-sāra

wat in het Nederlands Inzichts-bode betekent, is een uitgave van de Stichting Jonge Boeddhisten Nederland, met als doel de mensen die Vipassanā beoefenen van juiste en nuttige informatie te voorzien. Het blad richt zich vooral op de aktiviteiten van het Boeddhisties Meditatie Centrum te Amsterdam (Buddhavihara) en met name op de lezingen en leringen van Phra Khru Kraisaravilasa (Metthavihari).

In deze uitgave een kort artikel over de "Vipassana defilements", gebaseerd op lezingen van de Eerw. Metthavihari en geschreven door Hans Kwik en Aad Verboom. Wat betreft de "nieuwe naam" van de Eerwaarde, zie de uitnodiging voor de Māgha-pūjā.

De Vipassanā-sāra wordt voornamelijk verspreid via de plaatsen waar wekelijks gemediteerd wordt, mochten mensen het thuisgestuurd willen hebben, bel dan even Buddhavihara of Aad.

De abonnementsprijs is fl 10,- per jaar.
Je kunt je als abonnee opgeven door bovengenoemd bedrag te storten op bank- of gironummer van de S.J.B.N. onder vermelding van "Vip.sara".

Samenstelling van de redaktie:
Johan Tinge, Hans Kwik en Aad Verboom.

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Postbus 1519 3500 BM Utrecht

Postgiro rnr. 52.32.118
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buddhavihara

Het beheer van het boeddhistiese meditatie-centrum Buddhavihara is per 1 november in handen van de Stichting Buddhavihara, voorheen Stichting Vipassanā Meditatie Centrum. Mensen die het centrum en de aktiviteiten aldaar willen ondersteunen, kunnen een bijdrage storten op:

Postbank rnr. 22.37.503 ten name van "Buddhavihara", Amsterdam

of: AMRO-bank rnr. 45.83.27.948 ten name van "Buddhavihara". Adres bank:
AMRO-bank, Rozengracht 88 Amsterdam
Postgiro bank: rnr. 2391

Checking your practice of Vipassanā Meditation

After practising Vipassanā meditation for a longer period there will inevitably come a time that the meditator has to inspect his or her experiences carefully. The meditator has to make a check-up in order to find out whether he is practising in accordance with the way of Vipassanā or not.
While inspecting his experiences he will probably encounter most of the so called mental corruptions or defilements of Vipassanā meditation. Being brought face to face with these defilements or mental impurities the meditator can be seriously hindered in his meditation-practice. Nevertheless these defilements should not be considered as merely negative, they are part of the mundane reality and only act as an impediment for progress when the practitioner of Vipassanā-meditation does not know how to deal with them.

For the meditator it is very important to know what kind of defilements can come into his mind, so that he may recognise them as soon as they arise. It is also very important to know the source from which they arise and to know how to deal with them.
To start with the last: the way to deal with the defilements is simply to make a mental note at the exact moment they arise.

The source from which the defilements of Vipassanā meditation arise, is the same in every human being, in every meditator, it is the belief in self or 'atta'. Atta is opposite from anatta or no-self, which is the result of Vipassanā meditation.

The belief in self is not just an idea, not just a superficial thought that can easily be removed, but it is -- according to buddhism -- a disease of the mind which is deeply rooted in every living being. Most of our thoughts, actions and most of our speech originate from this wrong belief.

It is wrong in the sense that in the end it always has suffering as a result. As long as there is the slightest belief in self there is no real freedom from suffering. When there is no more belief in self, when no-self or nibbāna has taken its place, only then there is real freedom from suffering, real happiness. No-self and no-suffering are the goal ànd the result of Vipassanā meditation.

In Vipassanā meditation no-self means that when you are making mental notes all the time, there is no more room for 'I', there is just the process of noting. It is important to see that as long as there is still belief in self, there is not yet real vipassanā or insight.

In the same manner as long as you are not fully mindful -- making mental notes -- your practice, however good, intensive and disciplined it may be, will not be fully in agreement with the way of Vipassanā meditation.

For the time being the foregoing offers enough information to start surveying the ten defilements of Vipassanā meditation.

to be continued.

M Ā G H A - P Ū J Ā

On Sunday februari 28 there will be the celebration of the Māgha-pūjā in Buddhavihara. There will also be a short ceremony because of the new name of the Ven. Mettaviharee Mahathera, which is now Phra Khru Kraisaravilasa.

MĀGHA-PŪJĀ: this ceremony is on occasion of the first coming together of the buddhist community of monks (Sangha) and of the exposition of the teaching which Lord Buddha gave then. One could state this teaching in a few words as:

1. avoid doing bad things
2. do good things
3. purify the mind.

The program is as follows:

10.00 hrs	pūjā-chanting
11.00 hrs	lunch for the monks
12.00 hrs	lunch for all
13.00 hrs	talk on Māgha-pūjā
14.00 hrs	celebration of the ceremony and consequently of the new name of the Ven. Mettaviharee Mahathera.

concluded by Vipassanā-meditation.

The new name of the Ven. Mettaviharee Mahathera:

Phra Khru Kraisaravilasa

The preceptor of Ven. Mettaviharee Mahathera has been promoted by the King of Thailand on occasion of his 60th birthday from the rank of Chao Khun Dhammaghosacarn into Chao Khun Bimaladhamma. Consequently Ven. Mettavibarees preceptor has chosen Ven. Mettaviharee to be one of eight of his many disciples to be promoted into the rank of Phra Khru, so that from now on his name has changed from Phra Maha Theeraphan Mettaviharee into Phra Khru Kraisaravilasa (Metthavihari). The name 'Kraisaravilasa' could be translated as '(proclaiming the Dhamma) like a lion and full of grace'.

At the same time Phra Khru Kraisaravilasa (Metthavihari) was given the authority of upajjhāya, which means the authority to ordain people as buddhist novices (sāmaṇeras) and monks (bhikkhus).
For practical reasons we still may call the Venerable 'Venerable Metthavihari' since the name 'Phra Khru Kraisaravilasa' is mainly ceremonial and official.



M E D I T A T I E - A K T I V I T E I T E N

Amsterdam

maandag 18.00 - 20.00 uur
adres: Buddhavihara, St. Pieterspoortsteeg 29
info: 020-264984
weekend: 11/12/13 maart,
met de Eerw. Metthavihari.
tijden: vrijdag 20.00 uur
zaterdag 9.30 / 14.00 / 20.00 uur
zondag 9.30 / 14.00 uur
plaats: St. Pieterspoortsteeg 29
kosten: fl 75,- voor het hele weekend + een eventuele vrijwillige bijdrage voor de leraar of het centrum. Overnachting kost fl 15,-.

Beginners worden geacht het hele weekend mee te doen.
info en aanmeldingen: Vipassanā meditatie Centrum (Buddhavihara), tel 020-264984
Aad Verboom 030-888655

Utrecht

donderdag 20.00 - 22.00 uur
adres: Sterrenhof 9bis
Info: Henk tel. 030-520023
Aad 888655

Tilburg

donderdag 20.00 - 22.30 uur
adres: meditatiecentrum Hoefstraat 217

dinsdag 20.00 - 22.30 uur
adres: studentenkerk Maranatha

weekend: 4/5/6 maart, in het meditatiecentrum Hoefstraat 217
kosten: het meditatieweekend kost fl 60,-, met 2 warme en broodmaaltijden fl 75,-. Je kunt overnachten als je wilt.
Info en aanmeldingen: 013-366570

Daarnaast worden er Vipassanā-kursussen gegeven in Den Bosch en Breda.

Groningen

zondagochtend 10.00 - 12.30 uur
adres: de Yoga- en meditatieruimte in het Platformtheater, Boterdiep 46.
Info: Hein & Sandra, 050-417184

Leiden

dinsdag 19.15 - 21.15 uur
adres: Faljerilstraat 8
Info: Nel 071-154862
Han 01719-17424

Iedere 1e dinsdag van de maand is de Eerw. Metthavihari aanwezig.

Brussel

For information please contact:
Alain Theate, Rue Valduc 59
1160 Bruxelles, tel. 2.660.41.23

or: Pierfranco Alloa, 14 Rue Fauchille
1150 Bruxelles, tel. 2.762.8161
(by preference between 18.00 - 20.00 hrs.)

R E T R E A T S

From Sunday April 24 until Wednesday May 4 there will be an intensive vipassanā-meditation retreat under the guidance of the Ven. Mettaviharee Mahathera.
Location: Ossendrecht (in the South-west of the Netherlands)
costs: approximately hfl 41,- per day.
For more information contact Buddhavihara, Henk van Voorst or Niek Meulenbroek (meditation-centre Tilburg).

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